

🍅 Juicy, sun-ripened tomatoes take center stage—plus, a clever banana ripening hack to speed up your baking! 📄 Forwarded this? Subscribe below to get it straight to your inbox!

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Savor the Season Daily: Pure Tomato Bliss & a Quick Banana Ripening Hack for Baking

Hi ,

It's tomato season—yay! I'm here for every juicy, delicious bite. Seriously, nothing beats those sweet, sun-ripened tomatoes. They're the real stars right now.

Oh, and you'll love this quick banana ripening baking hack that'll save you time in the kitchen!

Recipes

Panzanella Tuscan Summer Bread Salad and Italian WFPB Tomato Tonnato Sandwich

My WFPB [Panzanella Tuscan Summer Bread Salad](#) version of this classic Tuscan dish is a celebration of tomatoes in their prime. This isn't a tomato salad with bread—it's a *bread* salad elevated by tomatoes, and that little shift makes all the difference.

Sun-kissed tomatoes cozy up to day-old crusty bread, soaking up their juices along with a tangy splash of vinegar, a dollop of creamy plant-based yogurt, and fresh herbs. Rustic, refreshing, and satisfying, this dish turns humble ingredients into pure summer magic—no oil needed.

On the flip side of Italy, from the northern region, comes another one of my favorites: the [Italian WFPB Tomato Tonnato Sandwich](#). Traditionally, *tonnato* is a creamy condiment made with tuna, anchovies, mayo, and olive oil. You won't find any of these ingredients in my version, but you will find that same creamy texture and umami-rich taste coming from my [Vegan Anchovy Paste](#). It is just whole-food plant-based goodness.



[Panzanella Tuscan Summer Bread Salad](#)



[Italian WFPB Tomato Tonnato Sandwich](#)



Quick Kitchen Tip

A Quick Banana Hack for Busy Bakers

If your bananas aren't ripe enough for baking, you can speed things up in the oven—but this trick works best with yellow bananas, not green. Green ones tend to stay firm and starchy, even after baking.

To ripen quickly, place unpeeled yellow bananas on a parchment- or foil-lined baking sheet and bake at 300°F (150°C) for 15–25 minutes. The skins will turn black and shiny when they're ready. Let them cool slightly, then peel and mash.

They'll be sweet, soft, and perfect for muffins, breads, or pancakes. The flavor's a bit different than naturally ripened bananas, but it's a handy shortcut when you're in a hurry.

Make It a PLANTifull Summer

If you've got PLANTifull amounts of tomatoes, give these dishes a try. They are vibrant, hearty, and deeply satisfying. Whether you're honoring Italian traditions or creating your own, these dishes belong in your summer rotation.

I'd love to hear how you make these recipes your own. Do you add cucumbers, capers, or red onion to the [panzanella](#)? Have you tried it with other summer produce? What do you think of the [tonnato](#) (tuna-less and anchovy-less) sauce? Drop a comment or tag me on [Instagram @PLANTifullFare](#)—let's make the most of tomato season together!

Until next time - stay cool, eat vibrant, and keep it deliciously PLANTifull!

Peas n health,

~ Donna

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Whole Food Plant-Based Salad Dressings

Health Goal Rechargers vs Depleters Worksheet



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